

March 2018

3/11 Daylight
saving time begins

Mon	Tue	Wed	Thu	Fri
<p>All meals meet RDI regulations. Each day a bread group item, butter and <u>milk will be served</u>. Rich desserts, rice and gravies are optional to each participant. No salt or margarine added to vegetables and meats unless specified. All instant potatoes and breads have some salt, margarine and sugar. Please use the suggestion box to express your opinion of the daily meals. <u>The Nutrition Program reserves the right to change menus.</u></p>			<p>1 BBQ Chicken Au Gratin Potatoes Green Beans, chocolate pudding WW Hot Roll, 2 % Milk</p>	<p>2 Salisbury Steak and brown gravy, mashed potatoes, Mexican style corn, sliced apples, WW Bread, 2% Milk</p>
<p>5 Pinto Beans, Bologna Sandwich, cabbage, fruit cocktail, 2% Milk</p>	<p>6 Hamburger on WW Bun, lettuce, tomato, onion, sweet corn, pine-apples, oven fries, 2% Milk</p>	<p>7 Roast Turkey, Gravy, mashed potatoes, Carrots, Jello with fruit, WW Roll, , 2% Milk</p>	<p>8 Oven Baked Chicken, Scalloped Potatoes, Broccoli, fruit, WW Roll, 2% Milk</p>	<p>9 <i>Vegetable Beef Stew, Grilled Cheese Sandwich, Spinach, Chocolate Pudding, 2% Milk</i></p>
<p>12 Baked Fish, Macaroni & Cheese, Mustard Greens, Cornbread, 2% Milk</p>	<p>13 <i>Spaghetti & Meat Sauce Tossed Salad and Dressing, Applesauce, Garlic Bread, 2 % Milk</i></p>	<p>14 BBQ Chicken Au-gratin Potatoes Broccoli, WW Rolls Cake & Jell-O w/fruit 2 % Milk</p>	<p>15 <i>Red Beans & Rice Cabbage, Peach Halves, WW Bread, 2% Milk</i></p>	<p>16 Tomato Soup, Chicken Salad Sandwich on WW Bread, Orange Slices, 2% Milk</p>
<p>19 Scrambled Eggs Hash Br Potatoes Sausage Gravy Biscuit Applesauce, 2% Milk</p>	<p>20 Mixed Vegetable Soup, Tuna Salad Sandwich on WW Bread, carrots, mandarin oranges, 2% Milk</p>	<p>21 Baked BBQ Chicken Mashed Potatoes Green Beans Biscuits Cake & Ice Cream, 2% Milk</p>	<p>22 Baked Pork Chops, Sweet potatoes, Spinach, applesauce, WW Bread, 2% Milk</p>	<p>23 Baked chicken, Baked Potatoes, shredded cheese, chives, broccoli, fruit, WW Bread, 2% Milk</p>
<p>26 Roasted Beef, Gravy Potatoes Spinach Fruit Cocktail WW Bread 2% Milk</p>	<p>27 Oven Baked Chicken Baked Potato Mixed Vegetables WW Bread 2% Milk</p>	<p>28 <i>Pinto Beans, Ham Salad Sandwich on WW Bread, Fruit Cocktail, 2 % Milk</i></p>	<p>29 Cook's Choice</p>	<p>30 Center's Closed for GOOD FRIDAY</p>